



CONNECTICUT STATE GRANGE

*Did You Know...
The Clover*



Did You Know... The Clover

Shamrocks and four-leaf clover are not the same thing; the word 'shamrock' refers only to a clover with three leaves. All shamrocks are clover, but not all clover are shamrocks.



Did You Know... The Clover

A four-leaf clover is the product of a genetic mutation in the regular clover plant.



Did You Know... The Clover

There are approximately 10,000 three-leaf clover for every single “lucky” four-leaf clover.



Did You Know... The Clover

If you're lucky enough to find a four-leaf clover, look for more! If a clover plant produces a four-leaf clover, it's more likely to produce another four-leaf clover lucky charm than plants that only produce three-leaf clover.



Did You Know... The Clover

Four leaf clover can be smaller and even a different shade of green than three leaf clover.



Did You Know... The Clover

Until the 1950s, clover was included in lawn seed mixes as it was regarded as a prestigious lawn plant. It was considered an attractive, low-maintenance ground cover that is soft to walk on, mows well and will fill in thin spots in a yard. Today, it is considered a common lawn weed, and is often killed during lawn care. There is a growing movement from the University of Minnesota Extension Service to reintroduce clover to lawns, as it has many benefits, such as attracting honey bees, drought tolerance, soil aeration, and is easy to maintain.



Did You Know... The Clover

Clover is also called a trefoil and is a member of the legume or pea family. It has at least 300 recognized clover species. The most common is the White Clover, followed by Red Clover.



Did You Know... The Clover

Clover is edible! Red Clover in general is healthy to eat in any way, basically: in salad, as a cooked green, ground to flour, or blended with another tea. Clover is high in protein. The most common things to eat on the Clover plant are the flowerheads and the leaves, but both are easier to eat if soaked for about an hour or boiled.

White clover can be poisonous to some humans if consumed, so it is recommended that while edible, to avoid eating clover with white flowers if you are not sure of its effects.



Did You Know... The Clover

Scientific tests have shown that red clover contains isoflavones, plant-based chemicals that produce estrogen-like effects in the body. Red Clover is often used in traditional medicines to treat a wide range of health issues, such as hot flashes, osteoporosis, arthritis, and skin and hair disorders. Research has found taking 40–80 mg of red clover daily can help reduce severe menopausal hot flashes.



Did You Know... The Clover

Abraham Lincoln carried a four-leaf clover with him everywhere for good luck. However on the night he was assassinated by John Wilkes Booth he was not carrying it.

